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# Jiu jitsu techniques names

### Bjj technique names.  Japanese jiu jitsu techniques names.  Jiu jitsu names of moves.  Brazilian jiu jitsu techniques names.  Jiu jitsu gibraltar.  Jiu jitsu list of techniques.

1. Understanding the Core Principles of Jiu Jitsu: A Comprehensive Approach 2. The Science Behind Effective Jiu Jitsu Techniques 3. Applying BJJ Concepts to Improve Technique Effectiveness The author credits Paulo Guillobel's book "Mastering The 21 Immutable Principles Of Brazilian Jiu-Jitsu" for transforming their approach to the martial art. Here are summaries of each chapter in 1-2 sentences: Emphasizing the importance of mastering the first step of a technique, the author notes that this is key to succeeding in escapes and submissions. Like chess, Jiu Jitsu strategies like controlling the center and forcing decisions can also be applied to improve performance. Repetition and taking the path of least resistance are crucial for executing techniques with ease. Avoiding direct engagement with an opponent can help reveal their weaknesses, but it's essential to take action rather than simply retreating. The author emphasizes the importance of addressing one's opponent's greatest leverage in defense. Keeping a safe distance is critical in Jiu Jitsu, as overreaching can compromise balance and leave the practitioner vulnerable to attack. A strong guard is essential for defending against sweeps and submissions. Being aware of an opponent's reactions is key to planning the next move. Understanding individual strengths and weaknesses is vital for improving performance. A good defensive game allows for energy conservation, which can be a deciding factor in competition. Mastering fundamental escapes from positions and submissions is crucial before exploring new techniques. Protecting the area between the waist and shoulders is essential for avoiding control. Focusing weight on one side can make an opponent feel heavier, making it easier to push them off or move out from under their weight. People often believe that having a natural talent or quick results will help them in Brazilian Jiu-Jitsu, but this couldn't be further from the truth. A good foundation comes from training with a balanced approach, using at least one part of your body to provide support while keeping another ready for action. The author of "Mastering The 21 Immutable Principles Of Brazilian Jiu-Jitsu" emphasizes that there's no shortcut to improving at BJJ. However, learning from mistakes and being open to changing your approach can help you progress faster. Building momentum is key to long-term success in Jiu-Jitsu. It starts with small, seemingly insignificant habits. Many people focus on mastering individual techniques rather than focusing on the overall process of improvement. Consistency is crucial for growth, as it allows you to track your progress and identify areas that need work. To become more successful, you must be willing to adapt and change your approach when necessary. The most effective way to learn is through trial and error, making mistakes while taking risks. Combining volume and intensity training can lead to better results. Avoid damaging your equipment when upgrading software, emphasizes John Kavanagh, coach to Connor McGregor. Knowing what not to do is crucial in learning something new, saving time and energy from costly mistakes. Setting short-term goals that feed into long-term objectives helps. Currently, mastering escapes from mount, side-control, and back positions are my focus. The Ace of Escapes has been an invaluable resource for this. Visualization is key, not just to imagine success but to identify the necessary steps to achieve it. Then, you'll understand the strategies and training required. Focusing solely on overpowering your partner or winning sacrifices technique development. Identify essential habits, allocate time to implement them, and upgrade your skills. Unrealistic timelines, not goals, hinder progress. Successful individuals prioritize their "why" before figuring out the "how." Initially, improvements are significant, but with persistence, growth continues. Longevity is vital for achieving excellence. To succeed, prioritize safety, fun, learning, and winning will naturally follow. Applying Jiu Jitsu principles, focusing on 1-2 BJJ concepts at a time has greatly impacted my training approach. The 21 Immutable Principles of BJJ book offers invaluable insights, with its introduction summing it up best. I strongly recommend reading this book multiple times as your skills evolve, referencing the concepts consistently to connect with previously unfamiliar ideas. Have you ever wondered what lies at the core of Brazilian Jiu Jitsu? There's one fundamental principle that governs all BJJ techniques, and it's surprisingly simple: Brazilian Jiu Jitsu is just stick fighting! This concept is the foundation behind every BJJ technique, and it's crucial to understand how frames and levers relate to each other. To grasp this idea, let's start by looking at human anatomy. Essentially, our bodies are made up of 5 sticks duct-taped together. These sticks can function as either frames or levers. When rolling in Jiu Jitsu, I strive to be a frame, while you should aim to be a lever. In Jiu Jitsu, I'm always searching for opportunities to turn my opponent's frames into levers, ultimately controlling and submitting them. This is the most important principle behind every BJJ technique: it's about converting frames into levers and vice versa. Now, let's dive into some essential techniques that demonstrate this concept in action. Firstly, we have the Technical Standup – a fundamental way to get back to your feet when you're on your back. This technique starts by establishing a frame using your head, shoulder, elbow, or hand. Once you've maintained the frame, you can build up to your knee and eventually your feet. Next, let's explore escaping from bad positions, specifically the Bottom Mount. As a beginner in BJJ, it's essential to understand how frames and levers come into play when attempting to escape this position. Here are three crucial Bottom Mount Escapes that utilize these concepts: 1. Guard Replacement Bottom Mount Escape: To initiate this escape, focus on maintaining upper body frames to protect your jaw and neck from your partner's cross face. Next, turn slightly to the side, allowing your shoulder to act as a frame against your partner's weight. Then, use your elbow to frame against their hip, lifting up your hip to support their weight and utilizing your spine as a lever. 2. [Insert techniques 2 and 3 here] In this article, we'll delve deeper into the world of BJJ, exploring more techniques that illustrate the power of frames and levers in action. Stay tuned! and then insert your knees to fight from Guard now. To escape Foot Trap Mount, place your partner's ankle between your legs and use it as leverage to slide under their knee. For Bridge & Roll Mount, trap the cross-facing arm while establishing upper body frames; this will prevent your partner from using their arm to frame against the floor. When in bottom cross side, first stay safe with proper upper body frames and have your far foot on the ground to bridge and drive into your partner. Then, extract your hips and insert your knees for a Butterfly Guard Hook escape. The Bicep Push Bottom Cross Side Escape involves using your partner's arm as a lever; target their forearm or wrist for maximum torque. Keep your framing arm straight, using bone over muscle. For the Elbow Push Bottom Cross Side Escape, stop your partner from grabbing your neck and transition to it if the Bicep Push fails. Use your elbow to push on theirs for maximum leverage with your other hand now framing. To Granby Escape From Bottom Cross Side, turn away from your partner, use your spine as a frame, and circle your legs back into Guard. Lastly, for Kesa Gatame Escape Cross Side, consider the top player as a wrench and yourself as a bolt; get close to the wrench to overpower it. Use your partner's top arm as a straight line to escape with in Straight Arm Back Escape. Control your partner's grip as best you can, then extend their arm to its full reach. Next, circle your head outward and use your legs to push forward until you're in their guard. Strong Side Back Escape. When your partner chokes you with their right hand, bridge toward your left side. Your head will touch the mat when your shoulders wiggle until your right shoulder points at your partner's sternum. Your shoulder acts as a frame, keeping you safe. Use it to stop your partner from closing in on you. Knee On Belly Escape. From the bottom position, control the longest lever and grab your partner's toes. Bridge up and push their foot into your half guard. This technique uses your partner's leg as a lever to facilitate your escape. Windshield Wiper Escape. Swing your outside leg under your partner, cutting off their feet from the ground. Now that their leg is off the floor, it acts as a lever for control. You can now escape from Knee On Belly. Turtle Escape. When your partner's center of gravity is far away, their body acts like a lever preventing you from turning them over. The key to the Turtle Sweep is getting directly under their center of gravity. Granby. The Granby allows you to use your spine as a frame, from your hip to your shoulder, standing up headfirst. If your partner is heavy on your hips, you can lift your head and fight back. Your spine acts like a lever, allowing you to stand up and face them. Standing Up Hips First. When your opponent is heavy on your shoulders, you can lift your hips, using your spine as a lever. Once you're standing, underhook your partner and drive into them, so both of you are standing up. To execute a successful BJJ technique, one must understand how levers work. In order to turn an opponent's leg into a lever, their foot and knee need to be completely off the ground. To achieve this, you can use your hand to grab the toes of their right leg, keeping it off the ground while looking to stand up into a Single Leg Takedown. When using lapel chokes, your forearms act like a pair of scissors, turning them into levers that cut off blood flow to the opponent. To execute this technique from Closed Guard, focus on getting one hand as deep as possible before altering your angle to secure the second grip and scissor your forearms to complete the choke. The Bow & Arrow Choke can be visualized as a paper cutter, with your lapel hand being the blade and your hip serving as the base. In a similar manner, the Clock Choke works by leveraging your rib cage against your forearm, mimicking the action of a paper cutter's blade against its base. When employing NoGi chokes like the Guillotine or Arm-in Guillotine, it's essential to focus on creating a shearing motion with your forearm towards your shoulder. This ensures that you're effectively cutting off blood flow to the opponent's neck without relying on flawed mechanics that can be easily countered by pulling their head out. Lastly, when applying a Rear Naked Choke, your forearms act as a paper cutter once again, turning them into levers to cut off blood flow and secure the submission. Your partner's neck serves as the base of the paper cutter, with your forearm positioned in front of it serving as the blade. A common mistake is placing your forearm behind your partner's head, as this allows them to use both forearms like a pair of scissors. Takedowns Foot Sweep Applying weight to your foot stops its movement, followed by releasing the weight and sweeping your foot off the ground; then, pulling your partner down to the floor. If their foot is on the floor, their leg functions as a frame, but if it's off, their leg acts as a lever you can use to control them. Foot Sweep From Back The Foot Sweep From The Back involves stepping on your partner's foot and using your head to shift their weight, making their foot weightless. You then sweep their foot to the side for the takedown. This technique utilizes your partner's entire leg as a lever to take them down. Lapel Drag To Ankle Grabbing your partner's lapel makes them draw back their weight; immediately, grab their heel with your hand and turn their body into a lever by pushing lightly on their lapel while pulling firmly on their heel. Kneeling Tai Otoshi The most common mistake is pulling straight down when doing the Kneeling Tai Otoshi. Instead, pull outward to make your partner's skeleton function as a lever. Snap Down Applying pressure to the crown of your partner's head is crucial; however, many people mistakenly target the neck, which is too strong. Consistently apply pressure to the longest end of the lever, which is actually the crown of their head. Single Leg – Run The Pipe Using your partner's leg as a lever, you can drag them down to the mat when their leg is off the ground. Ensure you have a long enough lever by pointing your forehead into their chest. Single Leg – Heel To The Heart Winning the takedown situation allows you to turn your partner's leg into a lever controlling their entire body. Control Your Partner's Movement: Mastering the Double Leg Drive and Armbar Techniques in Jiu-Jitsu To take control of your partner's movement, start by lifting their leg high enough for them to hop on their toes. Most people will fall immediately, but if necessary, you can sweep out their foot to maintain balance. Next, perform a Double Leg Drive underneath their shoulder to control their movement directly under their hips. Key concepts to understand are frames and motion, as well as the use of levers to turn your partner's legs into driving forces against them. To prevent this, connect your hands just below their hips, which disallows their legs from driving into you as a frame. The Armbar is a fundamental example of how levers and frames work in Jiu-Jitsu. In a Closed Guard Armbar, your partner's spine acts like a frame that can be leveraged against them. First, pull their head down to turn their spine into a lever, then bring your leg over their head to finish the Armbar. In a Closed Guard Back Take Armbar (Belly Down), controlling your partner's arm weaponizes their skeleton and turns their arm into a lever that controls their entire body. When attacking from Mount, use your arm as a lever to pry your partner's legs over to the side, making it difficult for them to come up. In the 180 Armbar From Knee On Belly position, control your partner's arm by picking up their shoulder off the ground and sliding your shin behind their spine. Once in control, throw your left leg over their torso for greater control. The key is to think left, using your left hand to press the Armbar. In Butterfly Guard, attempt a sweep that can be used not only to get on top of your partner but also to set up additional attacks. As your partner posts their hand to defend the sweep, their arm becomes a [insert text here]. The Kimura is a shoulder lock where the forearm acts as a wrench attached to a bolt (the upper arm). The goal is to break this bolt by creating a 90-degree angle between the forearm and the upper arm. This technique can be executed from various guard positions, including the Closed Guard, Half Guard, and Top Half Guard. From the Closed Guard, the objective is to pull your partner's posture down while controlling their neck with a collar tie. When this isn't possible, you come up by posting your feet on the ground and pushing your training partner to the side. From this position, you turn their frame into a lever and apply a Kimura. There are two ways to do a Kimura from Half Guard: Firstly, when your partner is trying to control your neck with their left arm, use your left leg to kick them and plant their left hand on the mat as a frame. Then, sit up and tie up a Kimura on their left arm by turning their frame into a lever. Secondly, if your partner has their right shoulder framed, you throw your left knee over their right shoulder blade and control the corner of their elbow to tie up a Kimura. When fighting from Top Half Guard, you can attack a Kimura when your partner has a left Underhook on you. Turn so that your left side is on your partner's leg while facing their legs, and wrap up your Kimura grip on their left arm. Ensure you have 90-degree angles to tap out your partner. In Cross Side position, controlling your partner allows for a Kimura when they have a left Underhook. Position your head on the mat, turn your body, and tie up the Kimura grip while transitioning into a North/South position. The Omoplata is a powerful shoulder lock that involves using your legs to execute a 90-degree angle on your partner's arm, making it one of the most versatile BJJ techniques. This technique works similarly to a wrench and bolt system, where both components must be at a right angle to each other. From the Closed Guard, you aim to win a collar and sleeve grip by striping your partner's left arm and controlling their frame. As you turn that frame into a lever, elevate your hips to create a 90-degree angle in your partner's left arm. In the Spider Guard, focus on destroying your partner's posture by turning their spine into a lever. This will allow you to enter into the Omoplata position. The key is to maintain a 90-degree angle between your spine and your partner's spine for maximum effectiveness. The Triangle Choke is considered one of the most powerful chokes in BJJ, achieved by using your legs as an arm and neck crushing tool. To execute this, imagine your top leg shearing down on your partner's neck, with your bottom leg acting as the base. However, a 90-degree angle between your spine and your partner's spine is crucial for this technique to work. The Closed Guard Triangle Choke requires you to break your partner's posture before entering into the Triangle position. From there, pummel your leg over their shoulder and transition into the Triangle Choke. When executing the Triangle Choke, it's crucial to turn your partner's spine into a lever instead of relying solely on brute force. A strong frame can be challenging to overcome, so aim to create a more favorable position. For an Ankle Lock, target the longest possible lever by controlling your partner's toes with your armpit and preventing them from defending. In the Single Leg X Guard position, maintain control by using your knee and foot as a frame, keeping your partner at a comfortable distance. This allows you to focus on securing the proper distance for the Ankle Lock. When performing Guard Sweeps, aim to lift at least one of your partner's legs off the ground, transforming it into a lever that can be used to execute the sweep. The Flower Sweep begins by attempting a Back Take from Closed Guard, then using your right arm to take advantage of your partner's left leg and complete the sweep. For the Scissor Sweep, control your partner's left collar and sleeve before tilting onto your right hip and lifting them off the ground. Once you've secured their weight on your left shin, use their left leg as a lever for the sweeping action. In Jiu Jitsu, turning your partner's limbs into levers is crucial. From Half Guard, underhook your partner's hip and keep their right leg off the ground to create an opportunity for the Basic Half Guard Sweep. If your partner resists and keeps their right leg on the ground, fall to your right side and lift their left leg off the ground for the Reverse Half Guard Sweep. Using Butterfly Guard as a starting point, your goal is to get one or both of your partner's legs off the ground. This allows you to utilize their leg as a sweeping lever. If your partner is pushing into you, rock back and lift up both feet with yours to sweep them over your head. For a more static position, focus on lifting just one leg, targeting your partner's right knee to make it higher than their hip, effectively turning it into a lever. When your partner stands in Open Guard, prevent them from easily moving around by grabbing their left ankle with your right hand and hooking their right knee with your left foot while keeping pressure on their left hip. Once they're balanced on both feet, note that their legs act as frames holding up their body weight. The core principle behind most BJJ techniques is to turn these frames into levers for more efficient movement. The Foot On Bicep Sweep works by turning your partner's entire body into a lever when you position yourself directly under them and draw your foot outwards, pulling their leg from the bicep down, making it easier to control them. In Single Leg X Guard, remember that your partner's legs serve as frames holding up their body. The key is to turn these frames into levers by lifting one of their feet off the ground. This principle applies universally across all BJJ techniques. From the Single Leg X Guard position, mimic a bottle jack and lift your partner's foot, then use your tricep to cut through and complete the sweep once they're off balance. You gotta work the sweep magic! It all started when you lifted your training buddy's foot off the ground, turning their leg into a super useful lever. See, X Guard Technical Standup Sweep Jiu Jitsu is basically just stick fighting – and legs are like sticks that can be either strong frames or handy levers. If your partner's got weight on their legs, they're frames; but if you lift one foot off the ground, it becomes a lever you can control! From X Guard, kick 'em away so their left leg is up in the air, then post up on your hand and stand up to complete that sweet Technical Standup Sweep. If your partner's got both feet firmly planted, their legs are like strong walls resisting your sweep – but you gotta turn those frames into levers! The key principle in all BJJ techniques is understanding Jiu Jitsu as just stick fighting, where legs are either absorbing or amplifying force. From X Guard, lift one leg off the ground to create a lever and sweep 'em with that classic X Guard Sweep. Back Takes? Frames absorb force and stop motion – but you gotta turn those frames into levers! Your partner uses frames to stop you from moving, so push their frame to the side to turn it into a lever. Closed Guard Back Take? As your partner posts their elbow on hip, their arm acts as a frame stopping you; turn that arm into a lever and force it to the side – now you can take their back! Half Guard Back Take? Your shoulder's like a strong frame from Half Guard; see it as a stick creating an equal push against your opponent's weight. Bump 'em forward so you can move around their weight and win their back. Butterfly Guard Back Take? Your partner's arms are sticks stopping you from moving – but displace those frames with your Butterfly Guard to sweep 'em forward, now there's no obstacles between you and taking their back! Top Turtle Near leg lever to first hook? If your partner's using their near leg as a frame to block your motion, turn that frame into a lever! Wedge your knee inbetween their elbow and knee, then pull with your heel – and voilà, the magic happens! when your parnter atemptes turtle sweep use it as countering opertunity for first hook. leverage ther right ankle into lever that will lead to second hook. if defending mount, establis frame on hip so they dont transtion back or S mount. lapel drag them into back position if no frame is established. arm drag from butterfly guard by controling one arm with both hands and pullin across as lever to expose back. standing up in closed guard is best way to pass it, place right hand underneath ankles as reachng for back pocket, use this controll to turn left leg into lever to get around guard. knee cut guard pass is wedge that drives through clamping ability of your partners guard and creates small surface area for them to frame against. double under pass control entire body by using legs and spine as levers and keep hip high off ground. folding pass turn frames into levers by applying force on side of stick, look to apply force on side of your partners legs when passing butterfly guard. Be either frames or levers. Your partner uses their legs as frames, while you use them as levers to control the rest of their body by grabbing onto their pant legs and pushing past their guard. Defending against a partner's attack involves extracting levers and turning them back into frames. If your partner is using you as a lever by bending your spine, arm, or leg, the first step is to release the leverage and re-establish a frame. The Omoplata defense requires two levers: the spine and forearm. To defend against this attack, start by lifting your head, then control your partner's foot to turn their leg into a lever, and finally use your thumb to pull your arm free. Defending against the Guillotine Choke involves positioning yourself so that your neck is not under attack. Imagine your neck as paper and your partner's shoulder as the base of a paper cutter. Turn your head so that your left ear is against their sternum, creating an obstacle for the choke. The Triangle Choke defense requires maintaining a frame, especially in terms of posture. Once you've re-established good posture, look to get your second hand back inside to defend against this attack. Defending from the Armbar From Guard involves using two levers: the spine and arm. Attack the lever of the spine, bring your partner's head close to the mat, and turn their arm into a lever that you're trying to break. When defending from Mount, focus on re-establishing the lever of your arm by bending your elbow and grabbing onto your own lapel. Also, use bench press to lift your partner's heel up and turn their leg into a lever, then fight to get your elbow back to your hip. BJJ is primarily about stick fighting, with the battle between frame and levers being a key principle behind all its techniques. When faced with an incoming Kimura attack, focus on disassembling the lever by grabbing your partner's hand and bringing your left hand into your armpit. In Mount Defense, employ a scissor technique to thwart the Cross Lapel Choke by turning your forearms into a scissor; then, bridge constantly so your partner can't control your lapel with their second hand. From Bottom Mount, execute a swift bridge and roll away. To defend against the Cross Lapel Choke from Guard, ensure your partner doesn’t establish control over both sides of your collar; instead, keep one hand grounded and push your partner's elbow up to misalign the scissor. The Bow & Arrow Choke can be thwarted by positioning your head so that it rests on your partner's sternum, with your spine parallel to theirs, effectively rendering the choke useless. To escape this choke, slide out from under your partner's armpit. Beginners grasp principles through techniques, while advanced practitioners innovate their own methods based on a deep understanding of these fundamental principles.